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# LET WASHING YOUR HANDS BECOME A SOAP OPERA {page 26}

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Wednesday, January 9, 2013



METRO FILE PHOTO

## Judge orders NYPD to halt 'stop and frisk'

Verdict covers the Bronx • Numerous reports of residents harassed in own buildings • Department must change training, NYCLU says {page 02}

### Wellbeing. Weight loss



• If your scale ticked up since the holidays, don't sweat! • Actually, we do want you to sweat! • Our tips for shedding winter weight gain are in the pages ahead {pages 16-19}

### sports

## Baseball Hall of Fame class named today

• Piazza, Clemens first-time nominees • Vote most controversial ever {page 22}



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Tyler McCulloch  
Clinical Student

1

**In the news**

**Three injured after ceiling collapse**

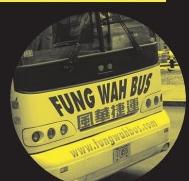
Three people were injured when a ceiling collapsed yesterday afternoon, according to the FDNY.

An FDNY spokesman told Metro that around 1:40 p.m., a section of ceiling at a building near 30th Street and Lexington Avenue collapsed.

One person had to be excavated from scaffolding. Two others were also taken to the hospital, the spokesman said.

© METRO/AB

**In the news**



**Chinatown bus mows down pedestrians**

Two pedestrians were injured when a bus from the Fung Wah bus company in Chinatown plowed over them last night near the Manhattan Bridge, according to NYPD reports. The incident occurred as the pedestrians were crossing the street. The driver was issued a summons for failing to yield to pedestrians, but no criminal charges are being brought.

© METRO/DT

# NYPD ordered to cease 'stop and frisk' policy

► Judge rules no more 'stop and frisk' — for now ► Numerous reports of residents being harassed in their own buildings

A U.S. District Court Judge ruled yesterday that the NYPD must cease unlawful stops in and around private buildings in the Bronx enrolled in the NYPD's Clean Halls program.

As part of that program, landlords register their buildings with the NYPD, granting the NYPD permission to patrol in and around the buildings.

The case was brought on behalf of a dozen New Yorkers, most of whom were residents of the buildings in or around which they were stopped and frisked or arrested, according to NYCLU attorney Alexis Karteron.

At least three of the plaintiffs were minors.

Judge Shira Scheindlin ordered the NYPD immediately "cease performing trespass stops ... without reasonable suspicion of trespass." The ruling is an injunction, so it applies until police can prove they have taken steps to curb unlawful stops.

A person must not be made to feel unable to "terminate the encounter," the judge ruled.

**Danielle Tcholakian**  
danielle.tcholakian@metro.us



**The letter of the law**

Karteron said the NYPD's training "actually leads officers to make unjustified stops."

"The letter of the law is that officers are only supposed to stop people when they have objective, reasonable suspicion that they have engaged or are about to engage in unlawful activity," Karteron explained. "It is not suspicious to simply walk in and



**"It is not suspicious to simply walk in and out of a Clean Halls building."**

KARTERON

**ADA Rucker speaks out**

Bronx Assistant District Attorney Jeannette Rucker testified to being concerned that stops and arrests were made solely on the basis of a person having entered or exited a Clean Halls building. Lawyers for the city accused Rucker of inventing the problem to lessen the DA's caseload, or under pressure from the Bronx Defenders, an organization representing the plaintiffs.

**Judge disagrees**

Judge Shira Scheindlin dismissed these accusations, ruling, "A prosecutor has professional and institutional incentives to be skeptical of allegations that the police are making stops and arrests without a legal basis."

out of a Clean Halls building."

The injunction applies specifically to the Bronx.

Karteron said this is the first decision ordering an injunction against the NYPD for their stop and frisk practices.

**3,261** Of the 8,032 buildings enrolled in Clean Halls, 3,261 were in the Bronx.

**News in brief**

**SI education council votes yes on armed guards**

STATEN ISLAND. Staten Island's Community Education Council 31 voted 9-1 in favor of a proposed security plan that would call for retired police officers with concealed weapons to circulate undercover in city schools. The one dissenting vote was the borough president's representative. CEC 31 will send the plan in a formalized e-mail to the Department of Education. The DOE has already stated that it will not consider the plan.

© METRO/DT

## Nets player interviewed about sex assault

Philadelphia police are investigating a sexual assault that involved a Brooklyn Nets player and occurred at 4 a.m. Tuesday morning.

The Daily News reports police spoke with Nets forward Andray Blatche about an assault reported to police by a 21-year-old woman. It occurred at the Four Seasons at 18th Street and the Benjamin Franklin Parkway. Police confirmed they have received the complaint but have not named the player.

The News reports that while the assault took place in Blatche's suite, he is not considered to be directly involved and a



Layne Murdoch/NBAE via Getty Images

**Tweeted: Blatche**

**"Im ok and I didn't do anything jus was n the area when it happened."**

member of his entourage is being investigated. Blatche was questioned and released.

Nets general manager Billy King released a statement on the incident but deferred further comment.

"We are aware of the ongoing police investigation regarding a member of the Brooklyn Nets," the team said in a statement.

**11.1** Blatche was signed by the Nets in the offseason and is averaging 11.1 points 6.1 rebounds per game this season.

"We will have no further comment until the investigation has concluded. All of our players are available for tonight's game."

Blatche himself confirmed he was questioned via his verified Twitter account Tuesday morning, though the tweet was apparently taken down hours later.

© METRO/MO

# Free Wi-Fi access comes to Chelsea

Search-engine giant Google and Chelsea Improvement Co., a non-profit development organization, are providing Chelsea with free public Wi-Fi Internet access, making it the largest area of coverage in New York City.

The neighborhood's boundaries are from 14th street to 30th street and 6th avenue on the east and the Hudson River on the west.

Chelsea is also home to many students, as well as residents of one of the city's public housing developments.

Google does not plan to extend the program, a company spokesman said on Tuesday.

Mayor Michael Bloomberg and U.S. Sen. Charles Schumer helped unveil the initiative.

REUTERS



## In the news



### DiNapoli: NY facing its own fiscal cliff

**NEW YORK.** The state comptroller is warning New Yorkers that the national "fiscal cliff" isn't the only cliff they have to worry about. The state is hitting its own steep spot, DiNapoli said, because it is approaching its debt capacity. New York has the second-highest level of debt in the country, according to DiNapoli's report, which was released Monday. "New York's past borrowing is limiting our future options," DiNapoli said. METRO/AB

### Police investigate Harlem murder

**HARLEM.** Police reported a woman shot at the King Towers Houses in Harlem late on Monday.

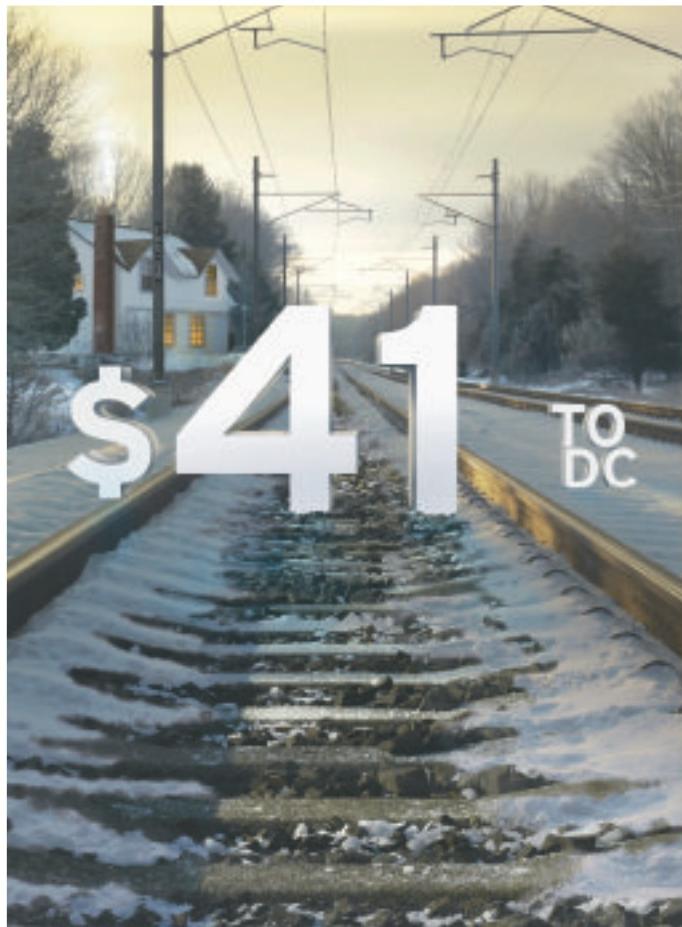
According to police, around 11:30 p.m., cops responded to a 911 call reporting a person shot on Lenox Avenue.

When they arrived, they found a 32-year-old woman shot multiple times in the torso.

Police identified the woman as Jayyidah Woodley. METRO/AB

### Councilman: Ban the words 'mentally retarded'

**BROOKLYN.** Councilman David Greenfield wants city documents to never use the words "mentally retarded." Greenfield said those words should be substituted with "developmentally disabled." He will introduce a bill to change the wording in the Council. METRO/AB



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## In the news

### Councilman sentenced for fraud

Former City Councilman Larry Seabrook was sentenced to five years in federal prison, the city's Department of Investigation announced yesterday. Seabrook, 61, was sentenced for steering \$2 million in Council funds to nonprofits employing his friends and family. He was convicted on charges of wire fraud, mail fraud and conspiracy. He was also ordered to pay \$619,715 in restitution and forfeit \$418,252.

"Larry Seabrook diverted



GETTY IMAGES

ed hundreds of thousands of dollars from the public till into the pockets of his favored cronies," DOI Commissioner Rose Gill Hearn said. "Today, he is a convicted felon."

• METRO/AB

### NY panel: LIPA should be privatized

The Long Island Power Authority should be converted into an investor-owned utility to end poor management practices that exacerbated repairs from superstorm Sandy, a New York state investigative panel said.

Privatization would make management of the state-owned electrical system answerable to the New York Public Service Commission, the panel told Governor Andrew Cuomo in a briefing.

Cuomo convened the commission in November, after more than two million home lost electricity from the storm, some for as long as 21 days.

BLOOMBERG

Art. Sept. 11



MILES DIXON/METRO

## 9/11 Artwork Unveiled

City Council Speaker Christine Quinn joined with the September 11th Families' Association and the New York Public Library to unveil an exhibit of art yesterday that was created for the Jefferson Market Library. The artwork collects painted tiles that emerged in the aftermath of Sept. 11, 2001, as a show of support for victims of the attacks and their families. The tiles were originally affixed to a fence near the library and became a revered 9/11 memorial. • METRO/AH

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# Sandy victims say they still need help

MARIO TAMA/GETTY IMAGES



► Rev. Michael Deer, center, stands with others yesterday at City Hall calling for equitable rebuilding following superstorm Sandy.

**CITY HALL.** More than two months after Hurricane Sandy, locals are still struggling to fight mold and get basics like power.

Dozens of locals, from City Council members to people without heat and power, were at City Hall yesterday to speak out about losing their struggles.

The event was scheduled to be ahead of Gov. Andrew Cuomo's State of the State address today, where they also plan to

## Quoted

**"This is, of course, on top of repairs that we have been waiting on for years."**

ANN VALDEZ, RESIDENT

asks the city to rebuild sustainably.

Far Rockaway pastor Rev. Michael Deer said a "mold epidemic is spreading through our homes." Brooklynite and Coney Island Houses resident Ann Valdez said mold exists there, too.

"This, of course, on top of repairs that we have been waiting on for years," she said.

 **Alison Bowen**  
alison.bowen@metro.us

have a rally in Albany.

The rally was organized by the Alliance for a Just Rebuilding, a coalition of local groups that

## In the news



### Cops seek two suspects in armed robbery

**QUEENS.** Around 1:50 a.m. on Sunday, two men robbed seven people in Long Island City, Queens.

One of the suspects, a black male between the ages of 45 and 50, threatened the victims with a firearm. Police described him as 5-foot-8 and 160 pounds. He was wearing a black jacket, blue jeans, a gray knit hat and glasses.

His accomplice was a black male between the ages of 27 and 33, 5-foot-9

and 230-250 pounds, wearing blue jeans and a black jacket as well.

The two made off with cash and cell phones. The suspects were caught on camera. Police are requesting the public's assistance in tracking them down.

● METRO/DT

### Dozens of schools face closure

**NEW YORK.** The city wants to shutter 26 schools, the Department of Education announced. After revealing a list of 17 schools Monday, the DOE released nine more yesterday, bringing the total to 26. The suggested closures still have to be officially approved before the doors will be shut. The city is also evaluating 32 schools where it hopes to

**32** The city is also evaluating 32 schools where it hopes to see improved student performance.

see improved student performance.

"After a rigorous review of academic performance, we're proposing to phase out a select number of low-performing schools," schools deputy chancellor Marc Sternberg said.

● METRO/AB

### Mayor to donate millions as part of initiative

**NEW YORK.** Mayor Michael Bloomberg plans to invest millions of dollars soon — in other cities. The mayor announced on MSNBC's "Morning Joe" yesterday that he will expand his Financial Empowerment Initiative into five cities, to teach people about finance, savings and bank accounts. The cities are Nashville, Tenn.; Denver, Colo.; Philadelphia; San Antonio, Texas; and Lansing, Mich., which will all get as much as \$3 million.

● METRO/AB

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## In the news

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**AIG may join bailout lawsuit against US government**

**NEW YORK/WASHINGTON.** American International Group Inc., the insurer rescued by the U.S. government in 2008 with a bailout that ultimately totaled \$182 billion, drew angry condemnation yesterday after it said it may join a lawsuit against the government alleging the terms of the deal were unfair.

A leading congressional Democrat called criticism of the deal's terms "utterly ridiculous," and former New York Attorney General Eliot Spitzer, who probed AIG

when he was in office, called the prospect of a suit "insulting to the public." **REUTERS**

**Wealth gap, debt top risks ahead of Davos**

**LONDON.** Fragile economies and extreme weather have combined to crank up the global risk dial in the past year, creating an increasingly dangerous mix, according to the World Economic Forum.

Despite Europe's avoidance of a euro breakup in 2012 and the United States stepping back from its fiscal cliff, business leaders and academics fear politicians are failing to address fundamental problems.

That is the conclusion of the group's Global Risks 2013 report, which surveyed more than 1,000 experts and industry bosses and found they were slightly more pessimistic about the outlook for the decade ahead than a year ago. **REUTERS**

# Israel still muted over Obama's Pentagon pick

The Israeli government kept clear of a brewing battle in Washington over President Barack Obama's choice for defense secretary, Chuck Hagel, whose record on Iran and Israel is under scrutiny.

Prime Minister Benjamin Netanyahu and Defence Minister Ehud Barak offered no immediate comment on the pick, after being rumored for weeks during which some pro-Israel figures pilloried the former Republican senator.

Parting with the rightist government's reticence were two relatively junior officials, Civil Defence Minister Avi Dichter and Deputy Foreign Minister Danny Ayalon, neither of whom is expected to stay on after Israel's national election on Jan. 22.

"There have already been nominations in the past which looked very



► President Obama shakes hands with former U.S. Sen. Chuck Hagel during a personnel announcement at the White House on Monday.

troubling to us, and ultimately reality turned out totally differently, both for better and for worse," Dichter told Israel Radio in an interview.

"Therefore I think we should be careful. We do not nominate people in agencies in other countries in general, and especially in the United States. So, as it is customary to say to those being nominated there: Welcome."

Netanyahu, who is favored for reelection, has had a testy relationship with Obama, a Democrat who won a second term in November — though both insist their nations' alliance is sound.

Iran's Foreign Ministry said it hoped Hagel's appointment would change U.S. policy and make Washington "more respectful of the rights of nations." **REUTERS**

## Sources: Obama eyes Lew for Treasury secretary

President Barack Obama may choose White House Chief of Staff Jack Lew to replace Treasury Secretary Timothy F. Geithner as soon as this week, according to two people familiar with the matter.

The selection of Lew would trigger a White House shuffle for Obama's second term as he replaces his chief of staff and moves senior aides into new roles, said the people, who requested anonymity to discuss personnel matters. **REUTERS**

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## Horror of Aurora massacre recalled at court hearing

A 13-year-old girl caught in last summer's shooting rampage at a Colorado movie theater was heard pleading for help in a tape of her emergency 911 call played in a court hearing for suspect James Holmes on Tuesday. In it, the girl could be heard desperately telling a dispatcher that her 6-year-old cousin and cousin's pregnant mother had been struck by gunfire. The 6-year-old was the youngest of the 12 people killed in the attack. "My two cousins have been shot," she cries, as the dispatcher tries in vain to instruct the girl on CPR. **REUTERS**

**"My two cousins have been shot."**

MASSACRE SURVIVOR, 13

# Giffords launches gun control lobby

Former Rep. Gabrielle Giffords, who was severely wounded two years ago in an Arizona shooting, is launching a group aimed at curbing gun violence and raising enough money to challenge the well-funded gun lobby.

Giffords, starting the effort called Americans for Responsible Solutions with her husband former astronaut Mark Kelly, told ABC News that Congress must do more to prevent gun violence.

The two are gun owners, but in the wake of a string of recent mass shootings, they said more must be done to push common-sense efforts to reduce such violence.

"Enough," Giffords, who was shot in the head while meeting with constituents in Tucson, Ariz., told ABC.

The initiative aims to



In this image provided by ABC, Giffords and her husband, astronaut Mark Kelly, talk to Diane Sawyer about the need for changes in gun control laws.

**"Until now, the gun lobby's political contributions ... have dwarfed spending from anti-gun violence groups. No longer."**

GIFFORDS, IN A WRITTEN OPINION PIECE PUBLISHED IN USA TODAY

"encourage elected officials to stand up for solutions to prevent gun violence and protect responsible gun ownership," the group said on its website, [Americansforresponsibleolutions.org](http://Americansforresponsibleolutions.org).

It will push for background checks for private gun sales and look at ways to better address mental illness, among other efforts, Kelly told ABC. **REUTERS**



Texas, Ohio  
teachers get  
gun training



**400**

Texas: In Texas, an \$85 concealed handgun license course offered at no cost to teachers filled 400 spots immediately, forcing the school to offer another class.

**900**

Ohio: More than 900 teachers, administrators and school employees asked to take part in the Buckeye Firearms Association's newly created, three-day gun training program. The Buckeye Firearms Association is offering educators free admission to "an intensive three-day class where you will learn many of the same skills and tactics used by first responders."

**200**

Ohio and Texas are not the first to offer no-cost arms training to teachers. Just days after the Connecticut mass murder, some 200 teachers in Utah underwent free instruction from gun activists.

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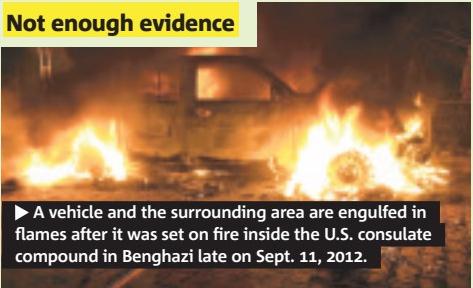
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# Lack of evidence in Benghazi; NRA to meet VP

## Not enough evidence



► A vehicle and the surrounding area are engulfed in flames after it was set on fire inside the U.S. consulate compound in Benghazi late on Sept. 11, 2012.

GETTY IMAGES

## Tunisia frees man held over attack on US consulate in Libya

**TURKEY.** Tunisia has freed, for lack of evidence, a Tunisian man who had been suspected of involvement in an Islamist militant attack in Libya last year in which the U.S. ambassador was killed, his lawyer said yesterday.

Ali Harzi was one of two Tunisians named in October by the Daily Beast

as having been detained in Turkey over the violence in which Christopher Stevens, the U.S. ambassador to Libya, and three other American officials were killed.

"The judge decided to free Harzi and he is free now," lawyer Anouar Awled Ali told Reuters. "The release came in response to our request to free him for lack of evidence and after he underwent the hearing with American investigators as a witness in the case." REUTERS

## Fatal crash

### Helicopter crashes in Peru, killing all seven aboard

**LIMA.** A helicopter carrying seven people crashed in Peru's Amazon jungle on Monday and all aboard perished, a judicial official said on Monday.

Corpac, Peru's air transport agency, said the helicopter was operated by the local unit of U.S.-based Columbia Helicopters. Columbia is known for its tandem rotor heavy-lift aircraft used in logging and oil exploration work. Columbia's Lima office declined to comment. REUTERS

GETTY IMAGES



► Peru's Amazon jungle

## Gun control



### NRA is among groups to meet Biden this week

**WASHINGTON.** The powerful U.S. gun lobby, the National Rifle Association, is slated to meet with Vice President Joe Biden as he considers recommendations on how to respond to a mass shooting last month in Newtown, Conn.

President Obama asked Biden to come up with a broad range of ideas to curb gun violence, ideas he will unveil in his annual State of the Union address, traditionally given in late January. REUTERS

REUTERS

## Peace a chance

### Afghan peace efforts show flickers of life

**WASHINGTON/ISLAMABAD.** President Barack Obama and Afghan President Hamid Karzai will discuss matters of war, including future U.S. troop levels and Afghanistan's army, when they meet on Friday, but matters of peace may be the most delicate item on their long agenda.

Tentative reconciliation efforts involving Taliban, the Karzai government and other major Afghan factions have shown new signs of life, resurrecting tantalizing hopes for a negotiated end to decades of war. REUTERS



GETTY IMAGES

► Karzai

## On the rise

### Samsung on track to become top home appliances maker

**LAS VEGAS.** South Korea's Samsung Electronics Co. said it is on course to achieve its goal of becoming the world's top home appliances maker by 2015, with sales growing an estimated 50 percent by then.

Samsung Electronics, which makes more chips, flat-screens, handsets and TVs than any of its competitors. REUTERS

# 50%

Estimated growth sales for Samsung Electronics Co. by 2015

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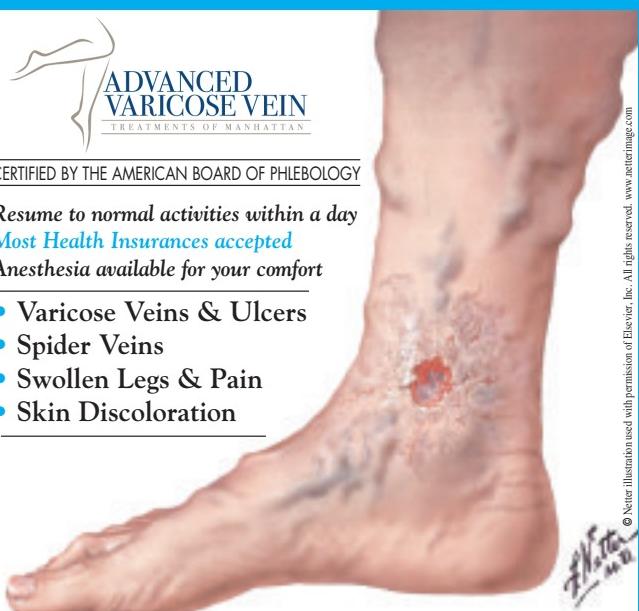
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# Congress to hold hearing on sexual abuse in military

A congressional panel will hold a hearing as soon as this month on sexual abuse in the military, an aide to a key lawmaker said yesterday, as the sex-with-recruits scandal in the Air Force continued to expand.

House Armed Services Committee Chairman Howard "Buck" McKeon, a California Republican, "has committed to having hearings on this issue, and the committee is working on putting that hearing together," said Claude Chafin, a spokesman for McKeon.

Chafin did not say when a hearing would take place, but Jenny Werwa, a spokeswoman for committee member Jackie Speier, a California Democrat who has pushed for such hearings, said it is likely to begin Jan. 23 be-

**30**

**Thirty Military Training Instructors** who conduct basic training at Lackland Air Force Base in San Antonio have been removed from duty in an investigation into sergeants engaging in sexual activities.

**6**

**Six were convicted by courts-martial of charges ranging from rape to engaging in inappropriate relationships and have been sentenced to prison terms ranging from 30 days to 20 years.**

## Advocates speak up for committee

Advocates against sexual abuse in the military praised the committee and said a public hearing will go a long way toward dealing with an issue they say goes beyond a few dozen instructors at the Air Force's basic training base.

"This is not just a crisis in the training commands, it is throughout the armed forces and has been for decades," said Nancy Parrish, president of the advocacy group Protect Our Defenders. "The epidemic of sexual assault in our military must be addressed systematically."

REUTERS



► U.S. Air Force Col. Glenn Palmer was relieved of command of the Lackland Air Force base.

fore the Military Personnel Subcommittee of the House Armed Services Committee.

Military judges have declined to order several of them removed from the Air Force, leading several members of Congress to demand hearings.

"The Committee has an obligation to begin an arm's-length investigation of the situation that is independent of the military's own effort to police itself," Speier said. An internal Air Force investigation recommended that more female training sergeants be added, but rejected the idea of switching to same-sex basic training, with female sergeants managing female trainees. It said the Air Force should train as it works, with men and women side by side.

REUTERS

**In the news**  
**IRS delays start of tax filing season to Jan. 30**



**WASHINGTON.** The U.S. Internal Revenue Service said on Tuesday it will begin accepting 2012 tax filings on Jan. 30, eight days later than originally planned due to last-minute changes to tax law made in Congress' legislation to avoid the "fiscal cliff."

"This date ensures we have the time we need to update and test our processing systems," said IRS Acting Commissioner Steven Miller in a statement.

More than 120 million households should be able to start filing tax returns on Jan. 30.

REUTERS

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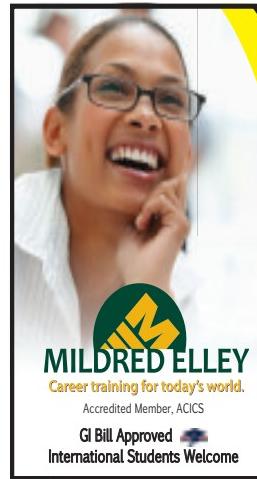
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# THE WORD

Dorothy Robinson's take on the world of gossip **t** @dorothyatmetro **e** dorothy.robinson@metro.us



## How #Cut4Bieber became a thing

**Justin Bieber** fans are a devoted, if gullible, group.

On Monday night, the false hashtag #Cut4Bieber began trending on Twitter. Just what did "#Cut4Bieber" mean, exactly? Good question. Turns out it was a malicious stunt by the Internet hive mind 4Chan. "Let's start a cut yourself for bieber campaign," an anonymous user initially wrote before the thread was deleted, according to Billboard. "Tweet a bunch of pics of people cutting themselves and claim we did it because bieber was smoking weed. See if we can get some little girls to cut themselves."

The anonymous poster's rationale? That dedicated Beliebers should cut themselves in order to get Bieber's attention in response to his recent alleged bad-boy behavior. (The site has done such a stunt before. In October they started a #Bald4Bieber trend, asking fans to shave their heads for Bieber, who they said had been diagnosed



► Don't drink the Kool-Aid, Beliebers!

with cancer.)

If only 4Chan could channel 14-year-old girl angst for good. Like: "Let's trick a bunch of Beliebers into recycling for Justin! #Recycle4Justin" Or: "You

know what's a great way to get Justin's attention? Listening to your parents and studying for your SATs. #Study4Justin."

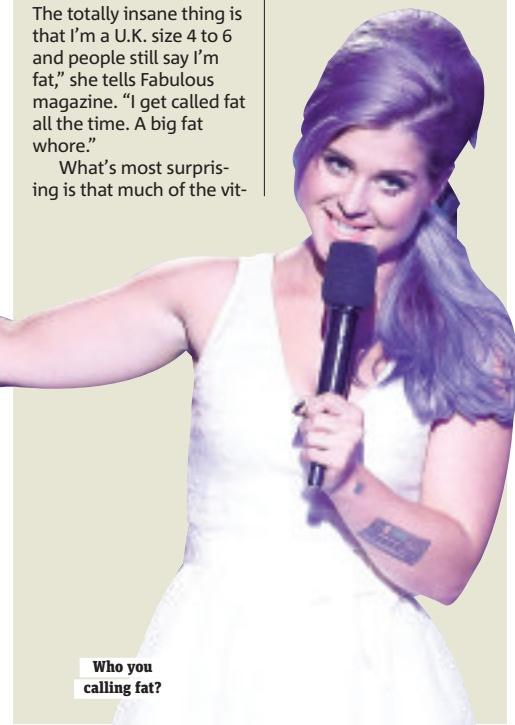
Sadly, I don't think that will happen.

### Osbourne responds to the haters

**Kelly Osbourne** has worked hard to slim down — but she's learning that for some naysayers, nothing she does is good enough. "I'm the thinnest I've ever been and the healthiest I've ever been. The totally insane thing is that I'm a U.K. size 4 to 6 and people still say I'm fat," she tells *Fabulous* magazine. "I get called fat all the time. A big fat whore."

What's most surprising is that much of the vit-

riol comes from fans of one of the biggest opponents of bullying and negativity. "Lady Gaga's fans are the worst," Osbourne says. "They've said I should kill myself, that they hope I get raped. I mean it's crazy, but I've had this all my life and I just try and ignore it."



Who you calling fat?

**@AlbertBrooks**  
Dear United States:  
Please don't make a trillion dollar coin to get out of your problems.



McGowan

### Talking points

#### Swift is single yet again

**Taylor Swift**'s fledgling romance with One Direction member **Harry Styles** appears to be over, as Swift left their romantic getaway in the British Virgin Islands early after a reportedly heated argument with Styles, according to Business Insider. But while photos of Swift looking glum and lonely on her trip back hit the Internet, Styles apparently wasn't too broken up about

the breakup. "Richard Branson heard Harry was staying nearby [and] invited him to come check out Necker [Island]," a source says. "So when Taylor left for the States, Harry went to Branson's island for the day to let off some steam. He did plenty of partying and was definitely enjoying himself while hanging out with guests."

#### Pitt will return to China

**Brad Pitt** is causing a stir in China over speculation that he may be planning to visit the country, despite having been banned after starring



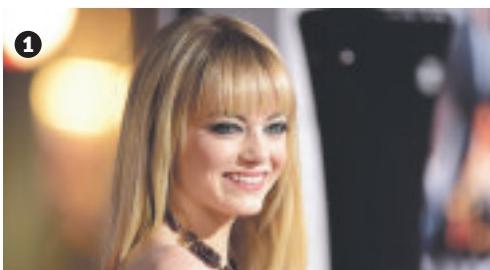
► In 1997 Brad Pitt hit the "Seven Years in Tibet" premiere. So pretty.

in the film "Seven Years in Tibet." Pitt joined the new Chinese social-networking site, Sina Weibo, earlier this week and started off with the post, "It is the truth. Yup,

I am coming..." according to The Associated Press. The item was soon deleted, but not before more 160,000 new users started following the star on the site.

### Lohan and the case of the skipped court date

**Lindsay Lohan** skipped out on her first court appearance of the new year, a hearing in her alleged assault of a professional psychic at a New York night club in November, according to *Us Weekly*. But in this particular matter Lohan may have nothing to worry about, as prosecutors are apparently easing off. "It may very well be this case does not move forward," Lohan's attorney, **Mark Heller**, told reporters after the hearing.



## Stars snapped out and about

**1: Emma Stone** the premiere of her new film, "Gangster Squad," at Grauman's Chinese Theatre on Jan. 7 in Hollywood, Calif.

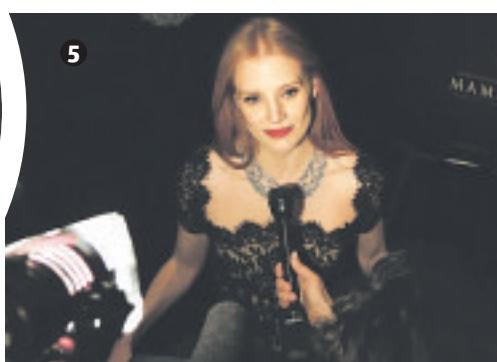
**2: Karolina Kurkova, Nigel Barker and Coco Rocha** attended the 2013 Winter TCA Tour at The Langham Huntington Hotel and Spa on Jan. 7 in Pasadena, Calif.

**3: Kerry Washington** posed for a photocall for "Django Unchained" at Le Grand Rex on Jan. 7 in Paris, France.

**4: How British!** **Matt Smith**, left, and **Benedict Cumberbatch** were the special guests at the Esquire and Tommy Hilfiger party celebrating London Collections: MEN AW13, hosted by Esquire editor **Alex Bilmes** and **Tommy Hilfiger**, at the Zetter Townhouse on Jan. 7 in London, England.

**5: Jessica Chastain** attended a screening of her new horror flick, "Mama," at Landmark's Sunshine Cinema on Jan. 7 in New York City.

1: JASON MERRITT/GETTY IMAGES; 2: CHRISTOPHER POLK/NBC/GETTY IMAGES  
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# 2ST doles drama by the 'Spoonful'



► Zabryna Guevara and Armando Riesco star in "Water by the Spoonful," now onstage.

- Quiara Alegría Hudes won the 2012 Pulitzer Prize for Drama with 'Water by the Spoonful'
- It opened last night at Second Stage Theatre

The trick to "Water by the Spoonful" — the Pulitzer-winning second play in a trilogy by Quiara Alegría Hudes — is that there isn't one major climax; instead, there's a rivulet of small reveals that pool together into one poignant portrait of a struggling Puerto Rican family in modern-day Philadelphia. The play starts with a death, but it's the ensuing ripples that spread out across the surviving characters and ultimately affect how they act toward one another.

Elliot (Armando Riesco) is a wounded Iraq veteran coping with his return to civilian life and the ghosts of his past, including addiction and the loss of family members. His cousin Yasmin (Zabryna Guevara) is also searching for her

## If you go

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own way to acclimate into her own city and family. Concurrently, the founder of a website for recovering crack users (username: Haikumom, played with dignity by Liza Colon-Zayas) chats with addicts across the globe; her social network often seems even more like a family than the one Elliot and Yasmin share by blood.

But the watershed moment occurs in the second

act, when Elliot finally confronts Haikumom and reveals how they're connected. Viewers have gotten used to seeing Haikumom as who she's chosen to become — but the resentment of her kin, let alone details from her past that leak out, merge to reveal a more honest reflection of who she was and what she's capable of being. It's these tiny facets streaming together throughout the play, with their individual focus and collective weight, that are the true essence of "Spoonful." The design and some directional choices can be nitpicked, but the product is an impeccable accomplishment.

 **T. Michelle Murphy**  
[tmichelle.murphy@metro.us](mailto:tmichelle.murphy@metro.us)

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- Do you have non-healing wounds in your ankle areas?
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Dysfunctional veins can also increase the risk of blood clots. Patients may experience a swelling in the leg, which may indicate a blood clot. Left untreated, these clots can travel through the bloodstream and lodge near the heart or lungs, causing potentially life-threatening health problems.

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### In the news

#### Bowie releases new music

British singer David Bowie released his first new song in nearly a decade yesterday in a surprise launch coinciding with his 66th birthday.

"Where Are We Now?" is produced by long-term collaborator Tony Visconti and serves as a melancholic look back to the time Bowie spent in Berlin in the 1970s. The song, available on iTunes and free to view on his relaunched website, will be followed by Bowie's first studio album since 2003, "The Next Day," due out on March 12.

REUTERS

David  
Bowie

GETTY IMAGES

### TV watch list

#### 'Stars in Danger: The High Dive'

**SPECIAL.** Latching onto the popularity of the summer Olympics — or simply desperate to fill a hole in the dreary winter schedule before "American Idol" premieres — Fox presents this D-list reality competition that puts celebrities such as "Jersey Shore" star JWOWW and Kim and Kyle Richards of "The Real Housewives of Beverly Hills" in a pool — but not to test their tanning skills. The challengers train and compete in both solo and synchronized diving events. Really. 8 p.m., Fox

#### The People's Choice Awards

**SPECIAL.** Don't agree with the Golden Globe nominees? You get your say in this annual fan-voted pop



► Actress Alexandra Paul prepares for a dive during "Stars in Danger: The High Dive."

culture party that hands out trophies in categories like Favorite On-Screen Chemistry. 9 p.m., CBS

#### 'Washington Heights'

**REALITY.** MTV focuses its lens (way) uptown to chronicle a group of 20-somethings with big

dreams in Manhattan. Series premiere, 10 p.m., MTV

#### 'Modern Family'

**COMEDY.** Billy Dee Williams saves Jay's family trip to Palm Springs over New Year's Eve. Lando would be so proud. 9 p.m., ABC

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# Posting to Facebook makes us feel less lonely

► Need a hug? ► Well maybe a few 'likes' will suffice

The simple act of posting a status update on Facebook can make you feel more connected, researchers have found — even if no one pays attention to your update.

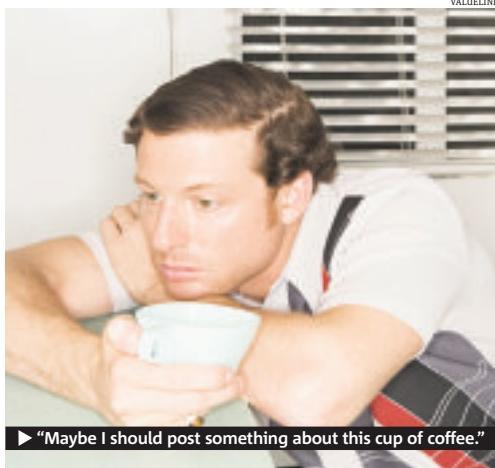
The study, conducted by the Universitat Berlin, focused on the Facebook posts of 100 student volunteers at the University of Arizona over the course of a week.

The students were asked to do two things: fill out forms assessing their

mental health throughout the week, and post to Facebook more than they normally would. A control group wrote exactly their regular amount of updates.

Now if you're expecting some sort of cathartic, joyful end to the experiment, you're going to be disappointed. The students posting more Facebook updates were still as cheerful or as depressed at the end of the week as they were at the beginning.

But they did feel less



► "Maybe I should post something about this cup of coffee."

lonely than the control group, experiencing a shift in their sense of connectedness. Whether those posts got any "likes" or comments didn't seem to matter. Simply posting more frequently reduced the students' alienation, regardless of how much real social interaction they'd had during the week.

Seeking to explain this phenomenon, the researchers compared posting quick Facebook

updates to quick hits of food. "Similar to a snack temporarily reducing hunger until the next meal, social snacking may help tolerate the lack of 'real' social interaction for a certain amount of time," the Berlin team wrote in the journal Social Psychological and Personality Science.

CHRIS TAYLOR FOR  
**Mashable**  
The Social Media Guide

## In the news



► The iPad mini helped to boost overall iPad sales.

## Apple iPad: The 11th-largest tech company in US?

You know Apple is huge when even part of its business is bigger than many of its competitors.

If the iPad were a stand-alone company, it would be the 11th-largest tech company in the U.S., according to an estimate from Bernstein Research analyst Toni Sacconaghi, via Fortune.

Sacconaghi crunched the numbers and found that the iPad generated \$32 billion in revenue for Apple in 2012, beating out

the sales of major corporations like McDonald's and Macy's.

Needless to say, the iPad isn't Apple's only big money maker. As previous reports have pointed out, the iPhone generates more revenue than Microsoft and iTunes is bigger than most media companies.

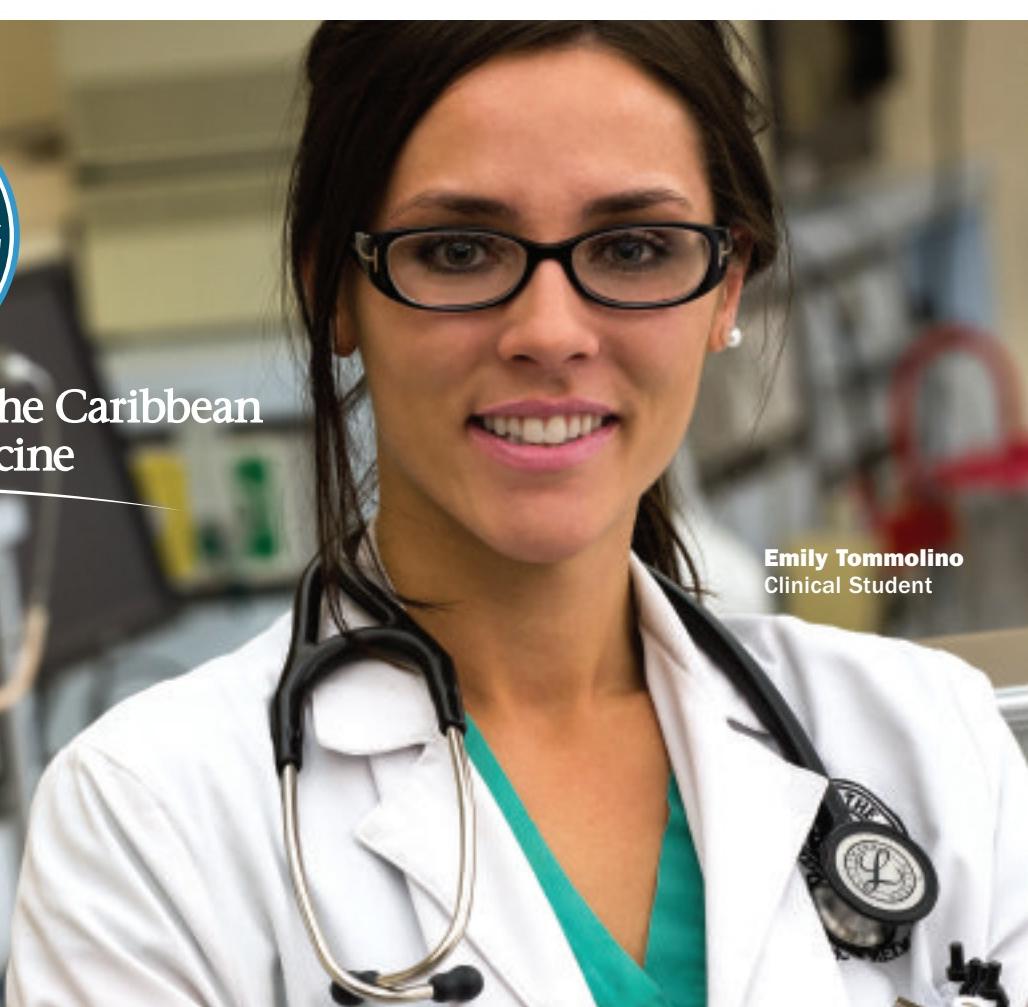
Apple's total sales for the 2012 fiscal year were \$156.5 billion, and the company continues to be the most valuable in the world with a market cap of just under \$500 billion.

**SETH FIEGERMAN / MASHABLE**



American University of the Caribbean  
School of Medicine

**Emily Tommolino**  
Clinical Student



## mywellbeing

# Medical weight loss: When diet and exercise just aren't enough

Michael Barbagallo was used to being "a big dude." He told himself he'd one day get a grip on his weight and that because he was young, he didn't have to worry.

"But then things end up getting really bad, and then you end up very unhappy and you need people around you to get you through it," says the 22-year-old from New Hyde Park, N.Y. "As much as it seems like a process where you have to really rely on yourself, the tools are there for you — and if you utilize them the right way, they'll do wonders."

Barbagallo sought the help of Dr. Andre Giannakopoulos, a physician board certified in internal medicine and obesity management at

Westbury, N.Y.'s Center for Medical Weight Loss. Barbagallo began a meal replacement plan of five protein shakes and three bars a day. In six months, he was down 110 pounds.

"Anybody who goes on a diet can lose weight," Dr. Giannakopoulos tells Metro. "[But] 95 percent of people who try to do it on their own will gain it all back within a year. ... We have to fix the physiology — that's the bottom line."

Doctors specializing in weight loss, like Dr. Giannakopoulos, view obesity through the lens of medicine.

Dr. Giannakopoulos gives his patients a comprehensive medical exam, taking into account bloodwork, medications and family history.

Medical weight loss



► Dr. Giannakopoulos

**"You can't really put a price on extending your life by five or 10 years and improving the quality of that life, and it's not as simple as just saying 'eat less and exercise more.'"**

DR. GIANNAKOPOLOUS

doctors can prescribe shakes, pills and lifestyle modifications for their clients. Many are also trained to offer behavior modification services, like cognitive behavioral therapy, to change eating habits and attitudes about food.

"I'm ruling them out

for borderline hypothyroidism, polycystic ovarian syndrome, for depression, for anxiety," says Dr. Melina B. Jampolis, a California-based physician nutrition specialist. She has patients complete a food journal so she can "review and troubleshoot and

make suggestions" on their meals. Patients see her once every 10-14 days "because once a week, you're chasing a number."

Prospective patients shouldn't be embarrassed to come in for help, Dr. Giannakopoulos says, because "most people don't realize that there could be some underlying factor that makes it difficult to keep weight off."

And out-of-pocket fees don't have to be a concern, as many insurances now cover office visits.

"Insurance companies finally recognized that this is a chronic disease and that there's a cost savings for helping people to lose weight," he says.

Meredith Engel  
meredith.engel@metro.us

## Another success story

A few weeks shy of his 50th birthday, Mark (who didn't want to use his last name here), began seeing Dr. Giannakopoulos. Two years later, he says: "I've lost over 100 pounds and I look substantially younger. I went from a size 44 waist to a 32, and I'm happier. I'm able to move my body. ... Sometimes I got choked up when I had to see pictures of myself — I was like, 'Who is that person?' When I show people my license, which was taken prior to my starting the diet, they don't even know who that is."

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## mywellbeing

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**Equinox**

[www.equinox.com](http://www.equinox.com)

**Animal Flow:** You'll mimic animal motions as you crawl and leap your way through this class.  
**Stacked:** Rubber sandbags are used in this workout, where the moves build upon themselves.

**New York Health & Racquet Club**

[www.nyhrc.com](http://www.nyhrc.com)

**High Kicks:** This Rockette-inspired dancing kick class is taught by a real Rockette.  
**HIPrana:** This mix of belly dance and yoga works your core and strengthens your flexibility.

**Wind Up:** Here, hula hoops help you get fit.

**CLAY**

[www.insideclay.com](http://www.insideclay.com)

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hips and tone your abs at this dance-pilates hybrid.

**Guts & Guns:** A fast-paced class, it's for arms and abs.

**Crunch**

[www.crunch.com](http://www.crunch.com)

**Center Court**

**Choreography with the Brooklynettes:** Learn the same hip-hop moves that the Nets cheerleaders, the Brooklynettes, do. Taught by a real Brooklynette at Crunch Fort Greene.

**Training C.A.M.P.:** You'll train just like the pros in this class, created by former New York Giant Curtis Williams and rooted in strength and conditioning.

**2FLY:** The '80s trend is over — here, it's all about sweating to hits from the '90s.

**Buff Yoga:** Core work + tra-

dional yoga = you'll be feeling this the next day.

**N.Y. Sports Club**

[www.mysportsclubs.com](http://www.mysportsclubs.com)

**UXF Burn:** Short for Ultimate Fitness Experience, the latest version of this cross-training interval class comes in two formats — one alternating cardio, strength and core moves and one focusing mostly on core.

**UXF Ripped:** It's a small-group version of UXF Burn (eight sessions; \$200).

**Reebok Sports Club/NY and Sports Club/LA**

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**BLITZ:** This customizable program promises small groups but individualized attention.

**Recess:** This class builds on the mobility you had in your younger years.

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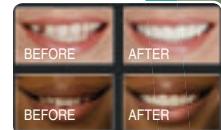
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mywellbeing

# Don't swap the butts for bad-for-you bites

► If you're quitting smoking this year, congrats! ► Heads up: You may be tempted to eat more as a result ► How to fight the urge

Whether it's your first or 10th time giving up smoking (after all, it rarely happens in one go), chances are you're having two not-so-fun side effects: food cravings and weight gain. The first step to combatting them is to understand what's going on in your (now changing!) body.

"Part of it is the oral habit," says Alice Bender, M.S., R.D., the nutrition communications manager of the American Institute for Cancer Research. "If you aren't putting a cigarette in your mouth, then a snack replicates that same motion. The other thing is that your taste buds start to recover, and everything tastes so good."

To avoid packing on the



► That cake might look extra tempting now that you're through with cigarettes — but giving in on the regular is just replacing one bad habit with another.

BANANASTOCK

pounds, prepare for your cravings. Bender advises choosing healthy snacks you enjoy — or else you'll be tempted to grab something less nutritious, or maybe even a cigarette.

If you like sweet things, keep fruit or dried fruit with you at all times," she says. Look for unsweetened dried fruits, though, because the sweetened varieties can pack extra sug-

ar you don't need. In need of a spice kick? "Keep a salsa or hummus and some veggies close to hand."

And choose snacks that force you to slow down, so your body gets full without you overfeeding it.

"An apple is satisfying and takes a while to eat. Choose nuts that are in their shells; you have to crack them and pull out the nut, and that takes time. You'll eat less."

Once you quit smoking, you may find you're able to work out better. You can use that momentum to get moving when a craving strikes: "It helps with that antsy feeling," Bender says.

Linda Clarke  
letters@metro.us



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# SKINNY FOODS FOR 2013

## Advice

### JOY BAUER

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Looking for creative and slimming ways to fulfill your New Year's resolution or shed that holiday padding? Here are some tasty bites that will help you stay full and satisfied while enhancing your weight-loss efforts.

**L**ooking for creative and slimming ways to fulfill your New Year's resolution or shed that holiday padding? Here are some tasty bites that will help you stay full and satisfied while enhancing your weight-loss efforts.

**Coleslaw mix:** Bags of shredded cabbage mix make it easy to get in a few more servings of veggies, since the prep work is done for you. Use the mix to throw together a lightened-up coleslaw using nonfat Greek yogurt in place of mayo. Or, get a head start on dinner by sauteing a bag with other veggies, like sliced mushrooms and bell peppers, for a simple, filling stir-fry base.

**Nonfat Greek yogurt:** A container of plain, nonfat Greek yogurt has about 100 calories and twice as much hunger-squashing protein as traditional yogurt. Doctor up tangy, plain yogurt with skinny stir-ins like fresh fruit, vanilla extract or ground cinnamon.

**Pumpkin puree:** Once a seasonal ingredient used almost exclusively in fall desserts, pumpkin puree is now a year-round skinny food. It's low in calories (just 40 per 1/2 cup), high in filling fiber and super

convenient. Stir a big dollop into nonfat vanilla yogurt to create a pudding-like treat, or mix it into oatmeal or marinara sauce to add nutrition and fill-power.

**Spaghetti squash:** Swap calorie- and carb-heavy pasta with light and delicious spaghetti squash. It forks into long strands that you eat just like noodles, but contains just 40 calories per cup. Toss yours with a low-cal sauce, like marinara or creamy part-skim ricotta cheese. You can save up to 500 calories per meal every time you make this swap.



Here's your  
new favorite  
swap for  
spaghetti.

BRAND X PICTURES

**Vinegar:** Add zing to your meals for minimal calories. For a low-salt dressing that won't bring on the bloat, top your salad with unlimited vinegar and one or two dashes of olive oil. And don't stop with greens. Drizzle balsamic over roasted veggies, feature fruit-flavored vinegars (like fig) in low-cal marinades for chicken or tofu and brighten up winter soups with a splash of red wine vinegar just before serving.



► Freeze some grapes for a tasty treat.

### Frozen grapes

Frozen grapes are the perfect low-cal solution for dieters who can't live without dessert. You can enjoy one full cup of these refreshing, bite-sized nibbles for only 100 calories — a phenomenally sweet bargain. And, because the grapes are frozen solid, they take a while to eat, stretching out your snack time. I think these scrumptious gems taste just like icy fruit sorbet!

—For more weight loss tips, visit [JoyBauer.com](http://JoyBauer.com) and follow Joy on Facebook and Twitter (@joybauer).

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

**You might not know it from my 'dishing and swishing' on the court...**

**...but exercise doesn't come naturally to me. I have to work at it, every day.** The benefits are worth it, though.

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"Especially now after all that holiday eating, make it your New Year's resolution to exercise more, drop a few pounds, and make a full-court press against diabetes, obesity, heart disease and stroke."

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## myletters&amp;games

**Horoscope****♑ Capricorn Dec. 22-Jan. 19.**

None among your group of friends will have a knack for organizing like yours. Appoint yourself director and start putting some plans together that everyone will enjoy.

**♒ Aquarius Jan. 20-Feb. 19.**

That burning feeling in your ears is likely to be due to so many friends saying nice things about you. You have far more boosters than you realize.

**♓ Pisces Feb. 20-March 20.**

When socializing, don't merely mingle with people looking for polite chitchat — circulate with persons whom you can learn from.

**♈ Aries March 21-April 19.**

A coveted goal can be achieved if you're willing to

**Across**

- 1 Delhi address  
6 Knee neighbor  
10 Monaco Grand —  
14 Raise spirits  
15 Dairy-case item  
16 Employee  
17 Jousting weapon  
18 Hard up  
19 Statusque model  
20 Navigation aid  
22 Olin or Horne  
23 Speak highly  
24 Comrade  
26 K2's superior  
30 Grasshopper  
34 Casual wear  
35 Onetime Trevi Fountain coins  
36 Fish-to-be  
37 Plumbing problem  
38 Come as a ghost  
40 Statistics  
41 PC key  
42 Freight hazard  
43 Prickly pear  
44 Back off  
46 Most uncouth  
48 ABA member  
49 Type of synthesizer  
50 Low voice  
53 Hard to do (2 wds.)  
59 Cast-of-thousands movie  
60 Garden tool  
61 Gauguin's prop  
62 Whodunit terrier  
63 Beyond  
64 Not here  
65 Hull bottom  
66 Frontier, once  
67 Soft leather

**Down**

- 1 Talk up  
2 Kyrgyzstan range  
3 "Get the — of"  
4 Need a scratch  
5 Ladybugs  
6 Reneg (2 wds.)  
7 Not in a whisper  
8 Some August people  
9 Anterior  
10 Quaker State burg, slangily  
11 Hoarfrost  
12 Where Tabriz is  
13 TV warrior princess  
21 Possesses  
25 Devoured  
26 Kind of statesman  
27 Doggerel  
28 Oust  
29 Jag

work for it. Put aside any trivial endeavors and go for that special something that you've wanted for a long time.

**♉ Taurus April 20-May 20.**

Generally, it's wise to avoid discussions on religion and/or politics, but if a friend should offer a friendly, fresh perspective, you might find it interesting.

**♊ Gemini May 21-June 20.**

This might be the day to put an idea to the test regarding a financial arrangement. The least you could do is try it out; the payoff could be substantial if things work out.

**♋ Cancer June 21-July 22.**

Conditions that influence you both physically and mentally can be exceptionally harmonious if you handle things in a warm, friendly manner. Play life light and easy.

**♌ Leo July 23-Aug. 22.**

You should take prospective clients to your favorite haunt rather than to a fancy place. You'll achieve more in a convivial, homey atmosphere.

**♍ Virgo Aug. 23-Sept. 22.**

After being subjected to a couple of hectic days, you're entitled to let yourself go and relax a little. You don't need any social fanfare — just time alone with your special someone.

**♎ Libra Sept. 23-Oct. 23.**

You should take prospective clients to your favorite haunt rather than to a fancy place. You'll achieve more in a convivial, homey atmosphere.

**♏ Scorpio Oct. 24-Nov. 22.**

Having too structured a schedule might find you much too restless and champing at the bit. Leave yourself some space in which to move about and be

able to do as your impulses direct.

**♐ Sagittarius Nov. 23-Dec. 21.**

Friends or relatives who truly believe in you could serve as a springboard to success. Their suggestions on how to handle your troubles should take the strain off.

**BERNICE BEDE OSOL****Solution to yesterday's crossword****Letters****There's slow and then there's the NYC subways**

There is no room to further slow down our subway trains; they are already among the slowest in the world.

True, installing the platform doors systemwide might not be possible in the near future for a variety of reasons. Other old subway systems — such as London or Paris — only have platform doors at

**Quoted**

**"About Kim Kardashian and Kanye West's baby: I predict it will become a new series on Bravo, with the delivery filmed in 3-D for IMAX. The public can't get enough of either of them. I won't be watching."**

**BILL EASLEY, VIA E-MAIL, RE: "THE BIG BABY REVEAL: A CELEB RETROSPECTIVE"**  
**(METRO, JAN. 8)**

selected stations, not systemwide. Another famous system — the Moscow Metro — has no platform doors at all. Yet, Moscow trains run visibly faster than ours.

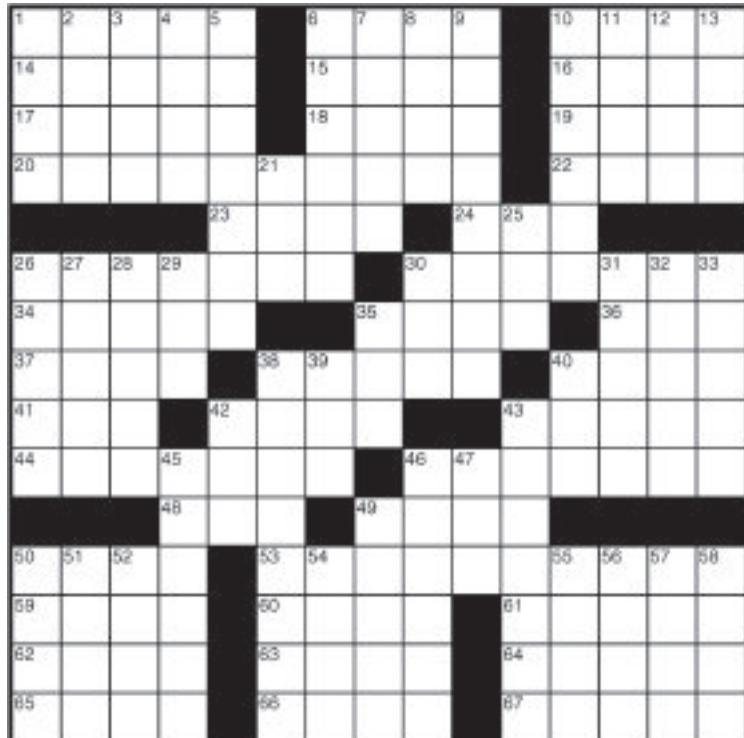
Unfortunately, that does not mean people don't get fatally struck in Moscow; they do. What it does mean is that crippling the service by significantly slowing it down is not the way to ensure public safety.

You can't limit the speed on a highway that is meant for fast driving just because someone got killed on it. You can't ground the aviation system because of a few tragic incidents.

There should be no difference for the subway; after all, it is meant to be rapid transit, not to be slowed down every time an incident occurs. Legislators who propose such a measure (Councilman Gentile is not the first one to do so; a similar idea was once proposed before by a state assemblyman) are trying to shrug off the responsibility for investing in real safety measures (including but not limited to platform doors) by compromising on the quality of service.

We New Yorkers deserve a fast and safe subway — let's make sure our legislators realize that.

**AARON BERKOVICH,**  
**VIA E-MAIL**



30 Aunts and uncles

31 Put on a sarong

32 Specks

33 Passed out cards

35 Wheel nut

38 London hub

39 Gallery display

40 Pentagon grp.

42 Casino action

43 Prospectors' finds

45 Mischievous one

46 Hidden

47 Clark or Orbison

49 Invents

50 Toucan feature

51 Cathedral part

52 Web locale

55 Waikiki's island

56 "Gotcha!" (2 wds.)

57 Bookish type

58 Merriment

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**SUDOKU: EASY**

5			9		8	1		
3					7	6	8	
	7							9
	8				4	5		
2	5						6	4
		6	3				7	
1								4
	6	4	8					3
		9	2		6			1

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

# Jets' GM search will include Ryan's input

- Head coach to be consulted before new general manager hired
- Johnson defends Rex in year-end presser
- Coach will stay put

The Jets' search for a general manager continues, with owner Woody Johnson voicing his support for a slow, methodical search with the input of the man a GM usually hires — the head coach.

According to the owner, head coach Rex Ryan is part of the search process and his retention is part of the deal for anyone replacing the fired ex-GM Mike Tannenbaum.

"That was [part of it]; I believe in Rex. With head coaches, I'm always part of that search," Johnson said. "The relationship with a head coach and an owner is critical. The relationship with a head coach and a GM is also critical. That's why Rex is part of this and he'll get to know the general manager [candidates]."

Rarely does a general manager get hired from outside an organization with a head coach already in place. It doesn't seem to faze Ryan, who was espe-



**.438**  
Winning percentage  
for Rex Ryan over the  
past two seasons  
with the Jets,  
compared to .625 in  
his first two years

cially fiery on Tuesday.

"I'm pretty sure I'll have the same exact agenda as the general managers and that's we want to win," Ryan said. "And I don't know who the general manager is, but I can promise you he'll want to win as bad as I do. ... This is a new beginning, just like

it will be a new beginning for the general manager who will be hired."

The Jets parted ways with Tannenbaum after 15 years with the team, including six as general manager.

**Kristian Dyer**  
*sports@metro.us*



► Ryan  
**Ryan clears up Sanchez tattoo**

The ink is staying, says Jets head coach Rex Ryan of his now infamous tattoo.

Ryan was photographed shirtless last week on vacation, revealing a tattoo on his upper right arm of his wife Michelle wearing nothing except a Mark Sanchez No. 6 jersey. The tattoo was inked on Ryan following the 2010 season, and he appears to have no plan to get it removed despite the recent flap.

"I know what you're thinking — if Sanchez doesn't play better, that number's changing. That's pretty much a given," Ryan said with a laugh.

"I've been married 25 years, and in my eyes, my wife is the most beautiful woman in the world."

● METRO/KD

# 3

## In the news



**Morse code**  
Multiple sources indicate the Yankees are pursuing Nationals first baseman/outfielder Michael Morse.

The Nationals re-signed Adam LaRoche to a two-year deal yesterday, making Morse likely available via trade.

Morse, 30, hit .291 with 18 homers in 406 at-bats last season. The Yankees have been looking for a right-handed power bat with the absence of Alex Rodriguez due to a hip injury. Morse is in the final year of his contract.

## News in brief

### 'Melo responds to Garnett incident

The Knicks are trying to prepare for tomorrow night's battle against the Pacers, but all anyone outside the walls of their Greenburgh, N.Y., facilities



► Anthony

wanted to talk about was Carmelo Anthony's Monday night meltdown at the Garden.

Anthony wouldn't rehash the specifics of his confrontation with Kevin Garnett, but allowed that the Celtics player went over the line.

"There's certain things that you just don't say to another man," said Anthony, who added he cleared the air with Garnett via a late-night phone conversation. "I felt like he crossed a line, but like I said, we both handled it the way we handled it. ..."

Nobody needs to know what was said behind closed doors, [but] that situation was handled."

Anthony said he feels like the issue should be left in the past, adding that "nothing happened for me to be suspended."

● TONY WILLIAMS

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# Voters up: Who makes the Hall?

Inductees into the 2013 class of the Baseball Hall of Fame will be announced today.

The candidates, maybe the most controversial of all time, include such names as Barry Bonds and Roger Clemens — players who shattered the record books and left the stigma of steroids in their wake.

Metro takes a look at the cases for and against each of the first-time nominees for the Hall and answers whether they will be voted in.

**Larry Fleisher**  
sports@metro.us

**Craig Biggio, C/2B/OF**  
Stats: .281 BA, 3,060 hits  
**Why he belongs:** The other three players with 3,000 hits not in the Hall of Fame are Pete Rose (ineligible), Derek Jeter (active) and Rafael Palmeiro (steroid suspicion). Biggio is 21st on the all-time hits list.  
**Why he doesn't:** Voters might view him as a compiler, sticking around for 20 years even as he batted under .280 in five of his last six seasons to reach 3,000 hits.  
**Will he make it?:** Yes

**Curt Schilling, SP**  
Stats: 216-146, 3.46 ERA  
**Why he belongs:** An array of impressive post-season numbers ramp up his case, as Schilling was 11-2 with a 2.23 ERA in 19 games, including a 5-0 record by his team in elimination games.  
**Why he doesn't:** Jack Morris' 3.90 career ERA hasn't been enough 13 times, so Schilling's 12 instances with an ERA over 3.50 might not help. Also, Schilling never won a Cy Young.  
**Will he make it?:** No



**Mike Piazza, C**  
Stats: .308 BA, 427 HR  
**Why he belongs:** Being the best at your position should mean automatic entry, and Piazza's statistics make him the best hitting catcher ever in terms of OPS, slugging and home runs.  
**Why he doesn't:** Playing in the steroid era may skew things against him even without reports Piazza used them. His poor defense also hurts.  
**Will he make it?:** Yes



**Barry Bonds, OF**  
Stats: .298 BA, 762 HR  
**Why he belongs:** The first decade of Bonds' career is relevant to his case. Through 1998, Bonds was on a path to the Hall of Fame as a three-time MVP. After 1998, he's superhuman.  
**Why he doesn't:** Leaving out someone with 762 home runs, even if nearly half are tainted, is a difficult call for voters — at least for the first year.  
**Will he make it?:** No



**Sammy Sosa, OF**  
Stats: .273 BA, 1,667 RBI  
**Why he belongs:** If 60 home-run seasons, regardless of enhancement are factored in, Sosa's three are more than Babe Ruth and Roger Maris combined.  
**Why he doesn't:** Unlike Bonds, the start of Sosa's career was pedestrian. From 1989 to 1997, he hit more than 40 home runs just once, which made him an All-Star just once.  
**Will he make it?:** No

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**Roger Clemens, SP**  
Stats: 354-184, 3.12 ERA  
**Why he belongs:** Clemens is similar to Bonds in that he was great before the years the Mitchell Report mentioned him prominently. He won four Cy Young

Awards in those years.  
**Why he doesn't:** Voters likely will not go by the verdict rendered in Washington but by the details outlined in the Mitchell Report and subsequent books.  
**Will he make it?:** No

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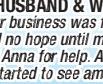
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# Predicting the 2013 market

## Residential rentals

### Pricing nears tipping point

The Manhattan rental market has been white hot. And the high end of the market will continue to fare well, thanks to international renters.

But at the middle and bottom of the market, renters are increasingly resisting rising rents.

"There will be a tipping point where you start pricing people out," predicts Gary Malin, president of brokerage Citi Habitats.

Indeed, the middle and low segments are also seeing an increasing number of renters take the plunge and purchasing, given the record-low interest rates. And Citi Habitats found that rental prices in Manhattan dropped between October and November and that overall rents slid \$76 to \$3,368 during that time.

"The pace of increase [in rents] has slowed in the last two months, year over year," says Jonathan Miller, president of data firm Miller Samuel. "We could be reaching a threshold; we're getting more resistance to the rising rental market."

With a lack of large-scale new rental developments in Manhattan, Malin says he expects amenity-rich buildings in the outer boroughs to continue to see activity.

"There are nice amenities at a discount," Malin says, pointing to new rental construction in Brooklyn and Queens.

**►** The Real Deal talked to NYC real estate insiders from several sectors of the market to get their forecasts for the new year



► At the middle and bottom of the residential market, renters are increasingly resisting rising rents.

THINKSTOCK

### More One57s

Additional luxury developments are rising, as the development community salivates over moneyed foreigners.

"You may see more One57s and 432 Park [Avenues]," Miller says, referring to Extell Development's under-construction tower on West 57th Street and to the residential project by the CIM Group and developer Harry Macklowe.

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.

**THE REAL DEAL**

## Residential sales

### Grand condos on the horizon

Some sectors of the sales market could falter next year as foreign and domestic buyers seek different products, sources say. That desire for different types of housing will intensify a growing chasm between the market for new construction — which most appeals to foreign buyers — and for townhomes and co-ops,

says Frederick Peters, president of Warburg Realty. In 2013, expect tonier co-ops to sit on the

market, as sellers list their homes for ever-higher sums, Peters says.

CORE broker Michael Graves says he expects inventory to increase. But in the wake of the presidential election and the outcome from the fiscal cliff negotiations, sellers will be more likely to pull the trigger, he says.

Not everyone agrees. Miller predicts that supply will likely remain constrained, which will lead to modest price appreciation.

International buyers are not going anywhere either, Miller says, which could also buoy prices.

GUELDA VOIEN

## Market watch

### CHEAPEST \$190K

417 E. 78th St.

The cheapest apartment listed this week is a studio at 417 E. 78th St. This third-floor walk-up with south-facing views and exposed brick is listed by Immac Realty for \$190,000.

### PRICIEST \$14.7M



► 1211 Park Ave.



► 417 E. 78th St.

**1211 Park Ave.** The most expensive property to hit the market this week is a limestone mansion at 1211 Park Ave. This 5,200-square-foot townhouse with three separate outdoor areas and original wood fireplaces is listed by Corcoran for \$14.7M.

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- 5. Royal Apothic's gentle hand wash comes in a cool tin pump — see, you consider him, too. \$24, [www.royalapothic.com](http://www.royalapothic.com)

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Submit completed applications by **regular mail only** to the post office box number listed on the application postmarked by **February 21, 2013**. **No priority, certified, registered, expresseed or overnight mail will be accepted. Applications postmarked after February 21, 2013 will be set aside for possible future consideration.** Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Disqualified applications will not be accepted.

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